



SEX-EDUCATION LEADS ADOLESCENTS TO BE SOCIALISED ADULTS

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ABSTRACT

One of the biggest controversies regarding imparting sexual attitudes is – whether it should be in Indian classrooms. Government officials are still debating about the contents and placement of sexual education in schools and colleges. On the other, Indian students of teen aged, both male and female tend to not be informed about sexuality. This is most due to conservative Indian attitudes towards 'sex' – what Indian holds 'kama' as mostly-wrongly interpreted. Amidst the educated mass we find people of reasons: but how much of those have remembered that a reasonable consideration for the rights or feelings of others is the foundation of social conduct! Can we benefit from an educational system which creates citizens expected to confirm to what the priests, parents, teaching personnels as well as planners and designers of our time dictate? Is the current education system responsible for people whose thinking is rigid and who are frustrated and limited in their ability to handle effectively situations related to the body, mind and spirit?

With rapid growth of information when all information is available everywhere at any time, let the teachers and parents of this time need to instil correct concept with proper preconditions for sex education, so that the teen minds can think and work differently and are not afraid to voice opinions and ideas which are unheard of or made out to be classified as "Wrong" or "Incorrect". It is because every society needs highly intelligent and regularly problem solving attitudes bearing teens and our teens are not less but possess more faith and power to remain in charge of the future generation. Let them make a change themselves so that improvement in society occur coherently.

KEYWORDS: social-conduct, complexes, intimacy, sex-starved youth, infantile-sex, cognizant.

INTRODUCTION

Has the Education that has existed up to now been true? Has it served humanity or has it served the vested interests of some so-called planners and designers of our time! Students are led to believe that achieving higher scores is more important than learning. Thus, for its own sake, education is lost as a value in a jungle of grades, prizes and other extrinsic rewards. It is resulted ultimately in developing a solely competitive attitude, the passion for power, money and ambition.

Does our system of Education truly interpret the fourfold objectives of the Ancient Indian heritage-achieving Dharma, Artha, Kama and Moksha? Starting from our family- the most informal agency to the formal schooling, education is now sure challenge to every intellectuals of all spheres. The gloomy atmosphere of the present day's family creates complexes among the children and develops mental conflicts in them. People, today disregards the value of joint family in the lives of their growing children. The notion has become very practical that in order to maintain a good and happy family life the size of the family should be small and compact. Joint family is being replaced by nuclear family consisting of parents and usually of two children. Here our children of today's family have highly been deprived of getting the required attributes for leading a planned adult life, that they could have been learnt from their grand-parents or great grand-parents relating to those objectives of achieving Dharma, Artha, Kama and Moksha.

Leaving all the three others, 'Kama' or 'Sex' or 'sexual gratification' is most wrongly interpreted by us-the elders of our family. For this, our children when left alone in the mail-storm of the world around them get biased in the context of becoming socialised for adult citizenship. Children at adolescence very soon lead to go away of the proper track amidst the prevailing boy-friend, girl-friend, dating, netting, charting, e-friendship and e-partnership like system. Sex has become a merriment for them. Being complete understood what 'sex' or 'sexuality' really is, they are going misled by the prevailing system of cyber-plant.

CONCEPT IN SOCIOLOGICAL POINT OF VIEW

Truly speaking how much of our adolescents do know what sex means? To them 'sex' is something sensuous. Do they really understand 'sex' means the gender –male or female? Can we make our son or daughter learnt that 'sex' or 'sexuality' has something different a meaning from sociological point of view than that has earlier been explained to them? Have we ever made our school going son or daughter aware that sexuality is a fine combination of the physical, emotional, intellectual and social aspects of an individual's personality as a whole? We must feel it to be our major task to explain our adolescents that sexuality is sharing intimacy with others, it is not confined to sexual intercourse, but includes talking, laughing, communications fantasizing or just holding hands. Above all we have to make our children learnt by any means that sexually involves a lot of caring and sharing.

NEEDS

Sex education should be needed to understand:-

- **For A Better Family:** The need of sex education or adolescent education is much more felt today in the families of the adolescent particularly in the fast changing world. We the teacher educators must find a clear vision by just looking at the sex-starved youth in the colleges, their faces tell the story—it is simply pathetic. They need right direction and proper guidance. In the co-educational institutions at the higher level, half of the time of the scholars of both the sexes, is consumed in the thinking about sex or about one another. Sex is an obsession with them, which consumes lot of time and energy of young men and women of country. That is why the incidences of sexual offences has been reported gradually rising for which the first responsibility goes to family of the adolescent. Hence, sex education or recently developed Adolescent Education for better family is needed more as to bring a change in the understanding level of the present days students mind.
- **Make free from Taboos:** The concept of 'sex' which is surrounded by superstitions and taboos, should have to be made freed in it. In ancient Indian Culture, in Vedic Education, it is evident the attitude towards sex of Individuals were fairly liberal. With the beginning of the Buddhist period and then with the coming of Muslims in this country, people started becoming more conservative and rigid in this matter. Now we should relax on the matter of sex-education or Adolescent education. It is much emphasized now as a means of developing health attitudes among the students. We should bear in mind that sex should not be made a subject of excessive curiosity. Freud pointed out, more freedom should be given to children in the expression of the biological urges. Children, to some extent, should be allowed to grow at their own pace with passing interest in various stage which are temporary such as anal stage, the genital stage or the phallic phase, where their interest in the sex organs is more prominent. Sexual curiosity begins at an early age of three in the shape of an interest in the physical difference between man and woman and between adults and children. When there is no mystery, the curiosity dies down as soon as it is satisfied. Freud suggests, the suppression of sex is one of the most important causes of mental disorders in later life. If there is any secrecy and silence about the facts of sex, it causes maladjustment among the children. We have to be cognizant of the needs of the children in understanding something about sex and we should provide suitable ways in fulfilling their needs. So infantile sex and consequently adult sex should not be treated as a nasty subject, since ignorance of it, leads to harmful consequences. So children's code of sexual morals should be built up on the basis of clear-headed and worm-hearted contemplation of all issues involved.
- **Make the adolescent conversant with the realities of life:** We know our family life, in India is full of pleasure, pain, happiness, sadness etc. All those facts of life, make the child conversant with the realities of life, experience pain is necessary to understand life. So proper training of the children's inate urges and desires is of great importance in the Adolescents education.

Our son and daughters should get maximum opportunities for their curiosity should be satisfied through proper explanation or activities.

- **Make it a Family need:** In addition to this, proper Adolescent Education or sex education is a family need for control of population, rising early marriage and rapid expanded sexually transmitted diseases.

OBJECTIVES

The American Socially Hygiene Association (ASHA) has laid down the objective of Sex Education as follows-

- To enable and to develop one's fullest capacity to live.
- To make one fit to lead a life which is free from guilt-feeling and unnecessary complexes associated with sex.
- To enable one to be physically and mentally fit to enjoy one's married life and thereby to restrict broken family.
- To enable our adolescents to go a long way towards the goal of ushering in a better life.
- To provide a unified course of instruction in sex which pays due attention both to society's demand on the way an individual lives.

METHODS OF TEACHING

The very foundation stone of adolescent education, according to Professor Lester A. Kirkendall, all eminent American expert on sex and family life education is importing of information and this is best done by answering questions. For this what we need more is-we should always give a truthful answer to a question and we should regard sex-knowledge as exactly like any other knowledge in our ordinary life and living. Boys and girls are to be treated a like in the matter of gaining information on sex. The girls should acquire some rudiments of the knowledge regarding the hygiene. The teaching of Biology will make clear to our children that human sex organs are essentially similar to those of other mammals. Also they should be told about the difference between sexual behaviour of human and animals. Children should be inspired with the feelings of the excellence of sex and its immense potentialities. They must know of all the diseases transmitted sexually including Aids and its spreading of course all there should be taught truthfully without exaggeration.

CONTENTS

Intellectuals including the thinkers, teachers and parents are very much curious about, when should sex-education be started? It is not easy to answer about the exact age of the child for imparting sex education. It is very worthwhile to suggest that the psychological facts should be well understood by all children in the very first few years of life before the onset of adolescence. The present educationists are strongly of the opinion that the right time to begin sex-education is the time when first questions about sex matters are asked by the child either at home or in school. Since children start asking such questions ever while they are only three years or so old, it is desirable that their questions should be properly answered right from that age. Besides, children must know in advanced, what changes are expected in themselves with onset of puberty. Hence, why shouldn't we bear a right attitude about providing knowledge of sex at all stages in a normal and healthy manner. Our educational institutes should take greatest responsibility in this regard through the contents like

- Nature study lessons
- Study of plants, their sexual cells, fertilisation, embryological development.
- Formal lessons of reproductions
- Formal Instructions of sex
- Study of dangerous venereal diseases
- The school can invite lecturers to give talk on sex-education.

In college or at higher secondary level, sex-education should be taught with the contents like

- Life comes from life
- All babies, human being, animals come from their mother
- All animals of one species produce babies of the same kind
- There must be a father and mother before a baby can be born.
- Boys and girls are different physically, so care should be taken in wearing habits and proper dressing with dress code.
- Sex is social and not merely a personal matter.

- Happy sex and love are the basic foundation of happy social relation.
- A sexually illiterate woman is unfit for wifedom as a mental defective is for motherhood and the vice versa in case of man.
- It is sex that can be a powerful force leading creativity of many forms.
- Happy adulthood or parenthood requires an awareness of the sexual and social responsibilities of the people concerned.
- It is sex which generates conjunctive social process like adjustment, accommodation, co-operation and integration as well as disjunctive.
- Sexual maladjustment, disorders etc generated by ignorance.
- Most of the psycho-cultural fears and complex are usually by physical factors related to sex.

CONCLUSION

Essentially education is a protest against the valued and meanings ascribed to traditional education. Our education today, therefore must teach our adults on sex, that "the true and the ultimate turn isn't the Body, it's the mind. "Let our girls and boys, at adolescence learnt that the skill of a woman scores, over a man because of gentle handling and let our boys, at adolescence learnt that sex is not brutal, it just means absolving yourself of the hurt and pain and getting back control over your own life and emotions, desires and passions.

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